



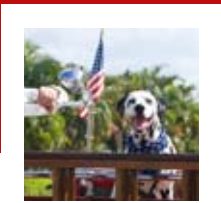
july 2009

# Stonegate apartments

101 Leaf Lake Blvd. • Birmingham, AL 35211



## Patriotism.



### Your Staff

Sothonn Harbison  
Community Director

Dorothy Sarvaunt  
Associate Community Director

Jama Henderson  
Marketing Representative

Daniel Mitchell  
Maintenance Supervisor

James Sanders  
Maintenance Technician

Ross Crafton  
Courtesy Officer

### Important Numbers

Office: (205)290-1126

Fax: (205)290-1127

Fire, Police,  
Emergency: 911

### Office Hours

Monday - Friday

8:00am - 6:00pm

Saturday

10:00am - 6:00pm

Sunday

1:00pm - 5:00pm

### Welcome Home

We'd like to say "Hello!" to the new residents in our community. We are glad you're here. Make sure you introduce yourself to your neighbors and don't miss our upcoming social events for the month. Welcome!

### Cool Summer Fun

Enjoy a taste of summer with ice cream and lots of it! Join your neighbors for an ice cream social on Friday, July 17th, from 3:00pm to 5:00pm in the community room. Summer's a great time to be a kid again!

### Let Us Know What's Up

Paying attention to what people have to say and how they feel is an every day thing when you care about people. If you have any questions or concerns about our community, please let us know. You matter to us.

### Time Flies!

Is it time to renew your lease? You are important to us and we hope you will be staying another year. If you have any questions about lease renewal, please call the office.

### No Fireworks Allowed

The use of fireworks, firecrackers and sparklers is not permitted in our community. There are no exceptions! Your cooperation is important to maintain the safety of everyone in our community. Have a fun and safe Fourth of July.

### Can We Reach You?

Please keep us up to date on changes in your work or home phone numbers. We need to be able to reach you for deliveries or if an unexpected situation arises. Thanks for keeping us informed!

### Having Guests?

If you will be having guests during the summer months, please remember that if guests will be staying for more than 14 days, you need to notify the office. Guests are not allowed to stay more than 14 days according to management policy. Enjoy your guests!

### Birthday Greetings!

To our residents with birthdays this month: whatever your secret birthday wish is, we hope it comes true for you! Happy birthday and happy year!





Spirit. Brave.



G&K SERVICES

245 Lyon Lane  
Birmingham, AL 35211

WINSTON, JENKINS  
& CHASTAIN, LLC  
ATTORNEYS AT LAW

### Renter's Insurance...

Think your apartment complex has your valuables covered?  
*Not exactly. . .*

*You are responsible for insuring your own contents and may be held liable for damages caused to the apartment building!*

*\* A Renters policy may also qualify you for a 10% discount on your car insurance!!*

*Coverage starting as low as \$12.00 per month!*



State Farm Agent  
Michael O'Neal

Call Michael O'Neal @ 205-870-1827  
512 Montgomery Highway  
Birmingham, AL 35216



LIKE A GOOD NEIGHBOR

STATE FARM IS THERE!

### TARGET PEST CONTROL

663-7123



Brad Pool  
205-699-3500  
bpool@farmersagent.com  
7816 Parkway Drive  
Leeds, AL 35094

G & W CARPET AND UPHOLSTERY  
CLEANING, INC

Are you ready to have your carpet professionally steam cleaned?

As a resident of Stonegate Apartments keep your carpet clean and looking great with these special prices.

One Bedroom \$35  
Two Bedroom \$45  
Three Bedroom \$55

Now is the time to call!!!

823-3565



Call for today for Delivery!!!  
426-1131



## Yuki

Japanese Restaurant  
402-9888



## Landry's

Seafood House  
916-0777

Splendor. Dazzle.





## Fourth of July Yums

### Quick American Flag Cake

Make a sheet cake from your favorite cake mix or recipe. Frost in white frosting. Arrange strawberries and miniature marshmallows in alternating rows to form the flag's stripes. Use blueberries in the upper left corner. Keep in refrigerator until ready to serve.

### Pretzel Sparklers

Melt white chocolate in a double boiler. Dip long rod-shaped pretzels halfway up into the melted chocolate. While still wet, sprinkle with red, white, and blue sprinkles. Lay on waxed paper to dry.

### Fourth of July Rice Krispies Treats

Make Rice Krispies Treats according to package directions. Spread out onto a large, flat well-greased cookie sheet. While still warm, sprinkle with red, white, and blue decorative candies. Using a star shaped cookie cutter, cut into star shapes. Insert an ice cream stick into each before serving.

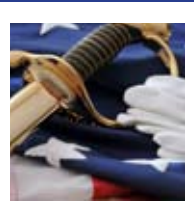
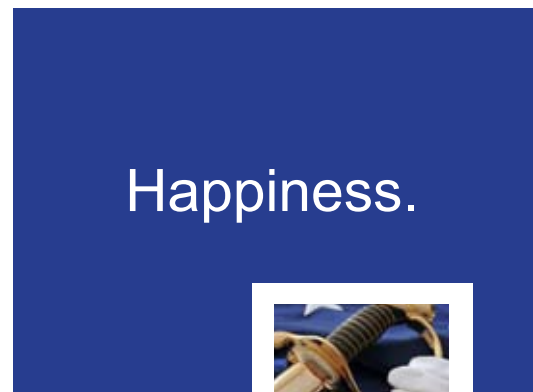
## The Mystery of Hiccups

Imagine having the hiccups for almost your whole lifetime! Charles Osborne of Anthon, Iowa, did just that, hiccupping for over 68 years. He started hiccupping in 1922. Two wives and eight children later, in 1990, his hiccups finally went away. Thankfully, this type of condition is incredibly rare.

Believe it or not, hiccups are somewhat of a mystery to the medical profession. Although many causes of hiccups are understood, such as eating spicy foods or drinking too much, many cases are unexplained. Hiccups can also be a symptom of a stroke or a tumor. But many times, the cause is just "nothing."

Hiccups have been studied for thousands of years, since the time of Hippocrates. In fact there is even a technical term for hiccups, "singultus." But as of yet, there is no known cure. There are, however, many home remedies. Some involve stimulating the back of the throat, like sipping ice water, swallowing sugar, or sucking on a lemon. Others interrupt normal breathing, like holding your breath, breathing into a paper bag, or reacting to sudden fright. Eventually, most hiccups will subside. However, if you do ever have a case of the hiccups that don't go away, consider seeing your doctor.

## Freedom. Flag.



- Cell Phone Courtesy Month
- Family Reunion Month
- Herbal/Prescription Awareness
- International Blondie and Deborah Harry Month
- National Blueberries Month
- National Grilling Month
- National Horseradish Month
- National Hot Dog Month
- National Ice Cream Month
- National Make a Difference to Children Month
- National Recreation and Parks Month
- National Wheelchair Beautification Month
- Sandwich Generation Month
- Smart Irrigation Month
- Social Wellness Month
- Women's Motorcycle Month

# Liberty. Life.



Those who bring sunshine to the lives of others cannot keep it from themselves.  
- James Matthew Barrie

No matter how dark the night, somehow the sun rises once again and all shadows are chased away. - David Matthew

Truth is like the sun. You can shut it out for a time, but it ain't goin' away. - Elvis Presley

Some painters transform the sun into a yellow spot; others transform a yellow spot into the sun. - Pablo Picasso

**RED HOT DEAL**

We have a sizzling hot deal for you!  
Refer a friend to our community and if he or she moves in you receive \$400. What could be better than that!

**Bumper Sticker Humor**  
It's not whether you win or lose - it's how you place the blame.

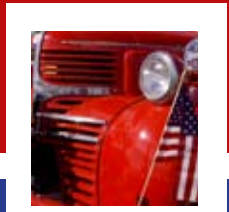
You know you are over the hill when work is less fun and fun is more work.

I've had amnesia as long as I can remember.

**Green Living Tip**  
Summer is the perfect time to enjoy your local farmers' market. Not only will you enjoy a nice selection of fresh and healthy produce, you will also be leaving a smaller carbon footprint. The food sold at a farmers' market is transported less, making this a greener alternative to shopping at your local supermarket. You will also often find lower prices and fresher products, along with a family-friendly atmosphere.

If you take advantage of everything America has to offer, there's nothing you can't accomplish. -Geraldine Ferraro

sun	mon	tue	wed	thr	fri	sat
 2009 july			1 Rent Due Thank You!	2 Pest Control Service Upon Request	3	4 Independence Day Rent is Late
5	6	7	8	9 Pest Control Service Upon Request	10	11
12	13	14	15	16 Pest Control Service Upon Request	17 Ice Cream Day 3:00pm-5:00pm	18
19	20	21	22	23 Pest Control Service Upon Request	24	25
26	27	28	29	30 Pest Control Service Upon Request	31	



# Celebrate. Splendor.